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What is claimed is:

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1. A modular work station, comprising:

first and second support posts laterally spaced from one another;

a first plurality of connectors extending laterally from the first support post;

a second plurality of connectors extending laterally from the second support post;

a cantilevered shelf releasably attached to at least one of the first plurality of connectors and at least one of the second plurality of connectors, the cantilevered shelf adjustable to different heights along the first and second support posts by releasable attachment to different connectors of the first and second plurality of connectors, the

cantilevered shelf comprising:

a first side bracket;

a second side bracket; and

at least one cross member extending between the first side bracket and the second side bracket.

2. The modular work station as claimed in claim 1, wherein the first side bracket further comprises:

a flange having a first end releasably attached to and cantilevered from at least one of the plurality of connectors;

a portion extending across at least part of a front of the first support post when the shelf is attached to the first support post to abut and bear against the first support post.

- 3. The modular work station as claimed in claim 2, wherein the at least one cross25 member defines a support surface upon which items supported by the shelf rest.
 - 4. The modular work station as claimed in claim 1, further comprising:
 a base having a first end attached to the first and second support posts, the base
 having at least one leg supporting the base at a second end of the base.

5. The modular work station as claimed in claim 1, wherein the first plurality of connectors are a first plurality of pins extending laterally from the first support post and the second plurality of connectors are a second plurality of pins extending laterally from the second support post.

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- 6. The modular work station as claimed in claim 5, wherein the first and second pluralities of pins extend through and are supported within a first plurality of apertures defined in the first support post and a second plurality of apertures defined in the second support post, respectively.
- 7. The modular work station as claimed in claim 5, wherein the first and second pluralities of pins are welded to the first support post and the second support post, respectively.

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- 8. The modular work station as claimed in claim 1, further comprising a cover attached to the shelf and defining a surface of the shelf upon which items upon the shelf rest.
- 9. A method of mounting a cantilevered shelf to a support post having a front surface oriented to face a front of a shelving assembly, a rear surface oriented to face a rear of the shelving assembly, and a side surface oriented laterally to face a side of the shelving assembly, the method comprising:

selecting a desired height of the cantilevered shelf with respect to the support post, the support post having a plurality of connectors at different heights along the support post, each of the plurality of connectors extending laterally away from the support post;

selecting a connector from the plurality of connectors; attaching the cantilevered shelf to the connector; and

- supporting the cantilevered shelf upon the support post at least partially via the connector.
- 10. The method as claimed in claim 9, further comprising abutting a surface of the cantilevered shelf against a portion of at least one of the front surface and the rear surface of the support post.

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11. The method as claimed in claim 9, wherein attaching the cantilevered shelf to the connector further comprises positioning a portion of the cantilevered shelf at least partially around at least one of the plurality of connectors.

- 12. The method as claimed in claim 11, wherein: the plurality of connectors are a plurality of pins extending from the support post; and
- positioning a portion of the cantilevered shelf comprises extending a portion of the cantilevered shelf at least partially around at least one of the plurality of pins. 5
 - The method as claimed in claim 9, wherein attaching the cantilevered shelf to the 13. connector further comprises receiving the connector within an aperture in the shelf.
- 10 14. The method as claimed in claim 13, wherein: the plurality of connectors are a plurality of pins extending from the support post; the aperture is a recess defined in a flange of the cantilevered shelf.
- The method as claimed in claim 9, wherein the cantilevered shelf is a first 15. 15 cantilevered shelf, the method further comprising:

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the second connector.

selecting a desired height of a second cantilevered shelf with respect to the support post;

selecting a second connector from the plurality of connectors; attaching the second cantilevered shelf to the second connector; and supporting the second cantilevered shelf upon the support post at least partially via

- The method as claimed in claim 9, wherein the cantilevered shelf is a first 16. cantilevered shelf, the method further comprising:
- 25 selecting a desired height of a second cantilevered shelf with respect to the support post;

attaching the second cantilevered shelf to the connector, the second cantilevered shelf extending from the front face of the support post when attached to the connector; and supporting the second cantilevered shelf upon the support post at least partially via the connector.

17. The method as claimed in claim 16, further comprising connecting the first cantilevered shelf to a first side of the support post and connecting the second cantilevered shelf to a second side of the support post.

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18. A post for supporting at least one cantilevered shelf in a shelving assembly having a front and a rear, the post comprising:

a periphery having

a front surface substantially facing the front of the shelving assembly;

- a rear surface opposite the front surface;
- a first side adjacent to the front surface; and
- a second side adjacent the front surface and opposite the first side; and

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a plurality of connectors extending from at least one of the first side and the second side of the post.

- 19. The post as claimed in claim 18, wherein the plurality of connectors are a plurality of pins welded to the at least one of the first side and the second side of the post.
- 15 20. The post as claimed in claim 19, wherein the plurality of pins extend through a plurality of apertures in the at least one of the first side and the second side of the post.
 - 21. The post as claimed in claim 19, wherein at least one of the pins extend laterally through the first and second sides of the post.

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22. A method for supporting a cantilevered shelf, the method comprising:

providing first and second support posts laterally spaced from one another, each of the first and second support posts having a front, a rear, opposing sides, and a plurality of connectors extending substantially laterally from the first and second support posts and located at a plurality of heights on the first and second support posts;

selecting a height for a shelf by selecting at least one connector from the plurality of connectors extending from the first support post and at least one connector from the plurality of connectors extending from the second support post;

aligning first and second connectors on the shelf with the connectors selected on the first and second support posts, respectively;

releasably attaching the first and second connectors on the shelf to the connectors selected on the first and second support posts; and

cantilevering the shelf from the first and second support posts.

23. The method as claimed in claim 22, further comprising:

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providing first and second surfaces of the cantilevered shelf, the first and second surfaces extending across at least part of the front of the first and second support posts, respectively; and

abutting the first and second surfaces of the cantilevered shelf against the front of the first and second support posts, respectively.

- 24. The method as claimed in claim 22, wherein the first and second connectors on the shelf are projections extending from the shelf; and wherein releasably attaching the first and second connectors comprises extending the projections of the shelf to positions adjacent the connectors selected on the first and second support posts.
- 25. The method as claimed in claim 24, wherein the plurality of connectors extending from the support posts are a plurality of pins extending from the support posts; and wherein releasably attaching the first and second connectors comprises extending the projections at least partially about the connectors selected on the first and second support posts.
- 26. The method as claimed in claim 22, wherein the first and second connectors on the shelf are apertures in the shelf; and wherein releasably attaching the first and second connectors comprises receiving the connectors selected on the support posts within the apertures in the shelf.
 - 27. The method as claimed in claim 26, wherein:
- 25 the plurality of connectors extending from the support posts are a plurality of pins extending from the support posts;

the apertures on the shelf are recesses within flanges of the shelf; and releasably attaching the first and second connectors on the shelf to the connectors selected on the first and second support posts comprises receiving pins of the plurality of pins within the apertures in the shelf.

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28. The method as claimed in claim 22, wherein the cantilevered shelf is a first cantilevered shelf, the method further comprising:

selecting a height for a second shelf by selecting a second connector from the plurality of connectors extending from the first support post and a third connector from the plurality of connectors extending from the second support post;

aligning first and second connectors on the second shelf with the second and third connectors selected on the first and second support posts, respectively;

releasably attaching the first and second connectors on the second shelf to the second and third connectors selected on the first and second support posts, respectively;

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cantilevering the second shelf from the first and second support posts.

29. The method as claimed in claim 22, wherein the cantilevered shelf is a first cantilevered shelf, the method further comprising:

aligning a first connector on a second shelf with a second connector of the plurality of connectors extending from the first support post;

releasably attaching the first connector on the second shelf to the second connector of the plurality of connectors extending from the first support post, first and second shelves attached to the first support post on opposite sides of the first support post; and cantilevering the second shelf from the first support post.

30. The method as claimed in claim 22, wherein the cantilevered shelf is a first cantilevered shelf, the method further comprising:

aligning a first connector on a second shelf with the at least one connector selected on the first support post;

releasably attaching the first connector on the second shelf to the at least one connector selected on the first support post; and

cantilevering the second shelf from the first support post at the same height as the first shelf.

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31. The method as claimed in claim 28, wherein:

aligning the first connector on the second shelf includes aligning the first connector on the second shelf with a portion of the at least one connector located on a side of the first support post opposite the first shelf; and

releasably attaching the first connector on the second shelf includes releasably attaching the first connector on the second shelf on a side of the first support post opposite the first shelf.

- 32. The method as claimed in claim 30, further comprising extending the first
 10 cantilevered shelf to front of the support posts and extending the second cantilevered shelf to the rear of the support posts.
 - 33. A modular shelving system, comprising:
 - a support post having a front, a rear, and opposing first and second sides;
 - a plurality of fastening locations on the first and second sides of the support post;
 - a first shelf releasably attached to the support post at a location on the first side of the support post, the first shelf cantilevered from the support post and extending forwardly from the post; and

a second shelf releasably attached to the support post at a location on the second side of the support post, the second shelf cantilevered from the support post and extending forwardly from the support post.

- 34. The modular shelving system claimed in claim 33, wherein the first and second shelves are releasably attached to the support post at the same height.
- 35. The modular shelving system claimed in claim 34, wherein the first and second shelves are adjacent one another and a portion of the first and second shelves is disposed in front of the front of the support post.
- 36. The modular shelving system claimed in claim 33, wherein the first and second shelves are adjacent one another and a portion of the first and second shelves is disposed in front of the front of the support post.

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- 37. The modular shelving system claimed in claim 33, wherein the first shelf extends rearwardly from the support post.
- 38. The modular shelving system claimed in claim 33, wherein the plurality of fastening locations on the first and second sides of the support post are defined at least in part by a plurality of pins extending from the first and second sides of the support post, the first and second shelves being attached to the support post via at least one of the plurality of pins.
- 10 39. The modular shelving system claimed in claim 38, wherein the plurality of pins extend through the support post from the first side of the support post to the second side of the support post.
 - 40. A modular shelving system, comprising:

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- a support post having a front, a rear, and opposing first and second sides;
 - a plurality of fastening locations on the first and second sides of the support post;
- a first shelf releasably attached to the support post at a location on the first side of the support post, the first shelf cantilevered from the support post and extending forwardly from the post; and
- a second shelf releasably attached to the support post at a location on the second side of the support post, the second shelf cantilevered from the support post and extending rearwardly from the support post.
- 41. The modular shelving system claimed in claim 40, wherein the first and second shelves are releasably attached to the support post at the same height.
 - 42. The modular shelving system claimed in claim 41, wherein the first and second shelves are adjacent one another and a portion of the first and second shelves is disposed in front of the front of the support post.
 - 43. The modular shelving system claimed in claim 40, wherein the first and second shelves are adjacent one another and a portion of the first and second shelves is disposed in front of the front of the support post.

- 44. The modular shelving system claimed in claim 40, wherein the first shelf extends rearwardly from the support post.
- 45. The modular shelving system claimed in claim 40, wherein the plurality of fastening locations on the first and second sides of the support post are defined at least in part by a plurality of pins extending from the first and second sides of the support post, the first and second shelves being attached to the support post via at least one of the plurality of pins.
- 10 46. The modular shelving system claimed in claim 45, wherein the plurality of pins extend through the support post from the first side of the support post to the second side of the support post.
- 47. The modular shelving system claimed in claim 40, wherein a portion of the first shelf extends across at least a portion of the front of the support post.
 - 48. The modular shelving system claimed in claim 47, wherein: the support post has a corner defined by the first side and the front of the support post;
- 20 and the first shelf extends around the corner.

- 49. A cantilevered shelf releasably connectable to first and second posts at a plurality of different heights along the first and second posts, each post having a front, a rear, and opposed sides, the cantilevered shelf comprising:
- a first flange having an end releasably engagable with one of the opposing sides of the first post, the first flange shaped to extend across at least a portion of the front of the first post to define a bearing surface of the first flange abutting the front of the first post;
- a second flange having an end releasably engagable with one of the opposing sides
 of the second post, the second flange shaped to extend across at least a portion of the front
 of the second post to define a bearing surface of the second flange abutting the front of the
 second post; and
 - a shelf body attached to and extending between the first flange and the second flange.

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- 50. The shelf as claimed in claim 49, further comprising a shelf cover attached to the shelf body.
- 5 51. The shelf as claimed in claim 49, wherein the shelf body has a surface upon which items supported by the shelf rest.
- 52. The shelf as claimed in claim 49, wherein the first and second posts further

 comprise a plurality of connectors extending from the opposed sides of the posts, the ends
 of the first and second flanges releasably engagable with at least one connector on the first
 and second posts, respectively, at different heights along the first and second posts defined
 at least in part by the locations of the plurality of connectors on the posts.
- 15 53. The shelf as claimed in claim 52, wherein the plurality of connectors are pins extending from the opposed sides of the first and second posts.
 - 54. The shelf as claimed in claim 53, wherein the pins extend through the first and second posts.
 - 55. A method for supporting a cantilevered shelf, the method comprising:

 providing a first post and second post, the first post laterally spaced from the second post,

selecting a height of a shelf upon the first and second posts;

connecting a first portion of the shelf to a side of the first post;

connecting a second portion of the shelf to a side of the second post;

cantilevering the shelf from the first and second posts in one of a forward and rearward direction with respect to the first and second posts;

abutting the shelf against a front portion of the first post; and abutting the shelf against a front portion of the second post;

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56. The method as claimed in claim 55, wherein connecting a first portion of the shelf to a side of the first post and connecting a second portion of the shelf to a side of the second post comprises attaching a first portion of the shelf to a pin extending from the side of the first post and attaching a second portion of the shelf to a pin extending from side of the second post.